ITALIAN · DESSERT · SNACK

Keto Maple Walnut Biscotti with Almond Flour

70 min · plus 1 hour cooling Makes 15 × 1 biscotti 133 kcal a portion

Video 5:03 · All Day I Dream About Food

Vegetarian | Gluten-free ingredients | No dairy listed

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Almond flour, walnuts and avocado oil sweetened with erythritol and flavoured with maple extract instead of syrup: under 2 g net carbs a biscotti.

Diet notes: Keto (1.6 g net carbs a serve); Low saturated fat (1.2 g, 8% of the energy); DASH-friendly (60 mg sodium a serve).

Ingredients 11 · MAKES 15 × 1 BISCOTTI

- [ ] 2 cups finely **ground blanched almond flour**
- [ ] 1/3 cup **Swerve sweetener** (up to 1/2 cup for sweeter)
- [ ] 1 tsp **baking powder**
- [ ] a little **salt**
- [ ] 1/4 cup **avocado oil** (or melted butter)
- [ ] 1 **egg**
- [ ] **maple extract** (about 1 tsp)
- [ ] 1/3 cup **walnuts**, finely chopped
- [ ] 1/4 cup **powdered Swerve**, for the glaze (optional)
- [ ] 1/2 tsp **maple extract**, for the glaze (optional)
- [ ] a few teaspoons **water**, for the glaze (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 325°F and line a large baking tray. Whisk the almond flour, Swerve, baking powder and a little salt in a bowl. 0:30
2. Add the avocado oil, egg and maple extract and keep stirring until the dough holds together when you squeeze it. 0:58
3. Work in the finely chopped walnuts. 1:49
4. Gather the dough onto the tray and shape it into a low, flat log about 10 × 4 inches (10 × 4 in). Bake about 25 minutes, until slightly puffed and golden. 2:13
5. Cool the log for 30 minutes, then cut 14–15 diagonal slices about ¾ inch (3/4 in) thick with a large sharp knife, pressing straight down. 2:53
6. Bake the slices at 250°F for 30 minutes, then turn the oven off and leave them inside until cool and crisp. 3:28
7. For the optional glaze, mix the powdered Swerve and maple extract with a little water until it drizzles, and drizzle over the biscotti. 3:45

> **Tip** Pecans or almonds can replace the walnuts, as the cook says. Avoid coconut oil, which makes them soft. If they aren't crunchy enough, bake a little longer.

The method is a summary in our words — the video shows every step.

One portion (1 biscotti) gives you 1 OF 15 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
133 kcal	**3.7** g	**3.4** g	**1.8** g	**12** g	**60** mg
560 kJ	7% of a day	1.6 g net · 0.7 g sugars	7% of a day	1.2 g saturated	3% of a day
		1% of a day		16% of a day	

Energy from net carbs 5% · protein 11% · fat 84% — fits keto: 1.6 g net carbs, 84% of the energy from fat

High in (20%+ of a day) Vitamin E 26%

Source of (10–19%) Omega-3 17% · Magnesium 10%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=MkwToNeqHpg, published 25 September 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-maple-walnut-biscotti